

MIDLAND COUNTIES ATHLETIC ASSOCIATION

 **THE DERBY RUNNER**
SPECIALIST RUNNING EQUIPMENT

 ENGLAND ATHLETICS



COURSE CHANGES

Men's 12 Stage & Women's 6 Stage Spring Road Relay Championships

Due to circumstances beyond our control,
Sutton Park's Streetly Gate will now
remain OPEN during our event.

This means that for this year there will be
12 Short Legs for male athletes &
6 Short Legs for female athletes
THERE WILL BE NO LONG LEGS

This will be reviewed for our 2026 event.